BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S UNEQUIPPED RECORDS - OPEN

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	102.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	137.5	Marie Joaquin	2019 Oct 12	New Westminster, BC
57	152.5	Tu Le	2019 Oct 12	New Westminster, BC
63	165.0	Elizabeth Fragione	2020 Mar 03	Winnipeg, MB
69	127.5	minimum standard		
76	140.0	minimum standard		
84	170.0	Ellisse Cataford	2018 Jun 24	Surrey, BC
84+	202.5	Bianca Broadbent	2018 Sep 15	Abbotsford, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	60.0	Denise Sopena	2019 Oct 12	New Westminster, BC
52	75.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	83.5	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
69	80.0	minimum standard		
76	82.5	minimum standard		
84	90.5	Lynne Desautels	2018 Aug 11	Kelowna, BC
84+	115.0	Bianca Broadbent	2019 Oct 12	New Westminster, BC

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	137.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	160.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	163.5	Jenna Sabino	2019 Oct 12	New Westminster, BC
63	182.5	Cindy Nguyen	2016 Jun 26	Surrey, BC
69	135.0	minimum standard		
76	155.0	minimum standard		
84	200.0	Olivia Lim	2018 Feb 21	Calgary, AB
84+	193.0	Bianca Broadbent	2018 Jun 24	Surrey, BC

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	287.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	362.5	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	385.0	Tu Le	2019 Oct 12	New Westminster, BC
63	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
69	342.5	minimum standard		
76	375.0	minimum standard		
84	447.5	Olivia Lim	2018 Feb 21	Calgary, AB
84+	503.5	Bianca Broadbent	2018 Jun 24	Surrey, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	60.0	Denise Sopena	2019 Oct 12	New Westminster, BC
52	75.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	90.0	Magdalena Kijak	2019 May 18	Tokyo, Japan
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
69	80.0	minimum standard		
76	82.5	minimum standard		
84	90.5	Lynne Desautels	2018 Aug 11	Kelowna, BC
84+	115.0	Bianca Broadbent	2019 Oct 12	New Westminster, BC

BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S UNEQUIPPED RECORDS - SUB-JUNIOR

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	55.0	Ava Nering	2019 Jan 19	Vancouver, BC
47	40.0	minimum standard		
52	90.0	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	95.0	Nicole Cabug	2018 Oct 13	New Westminster, BC
63	97.5	Emma Gilchrist	2017 Jan 14	Vancouver, BC
69	47.5	minimum standard		
76	52.5	minimum standard		
84	57.5	minimum standard		
84+	62.5	minimum standard		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	32.5	Ava Nering	2019 Jan 19	Vancouver, BC
47	25.0	minimum standard		
52	57.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	47.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	65.0	Lauren Iverson	2016 Oct 15	Abbotsford, BC
69	32.5	minimum standard		
76	35.0	minimum standard		
84	35.5	minimum standard		
84+	37.5	minimum standard		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	80.0	Ava Nering	2019 Jan 19	Vancouver, BC
47	45.0	minimum standard		
52	120.0	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	117.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	140.5	Elizabeth Farlinger	2018 Sep 15	Abbotsford, BC
69	55.0	minimum standard		
76	60.0	minimum standard		
84	65.5	minimum standard		
84+	70.0	minimum standard		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	167.5	Ava Nering	2019 Jan 19	Vancouver, BC
47	105.0	minimum standard		
52	267.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	252.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	292.5	Lauren Iverson	2016 Oct 15	Abbotsford, BC
69	125.0	minimum standard		
76	135.0	minimum standard		
84	155.5	minimum standard		
84+	165.5	minimum standard		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	32.5	Ava Nering	2019 Jan 19	Vancouver, BC
47	27.5	minimum standard		
52	57.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	47.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	65.0	Lauren Iverson	2016 Oct 15	Abbotsford, B
69	32.5	minimum standard		
76	35.0	minimum standard		
84	40.0	minimum standard		
84+	42.5	minimum standard		

BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S UNEQUIPPED RECORDS - JUNIOR

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	60.5	minimum standard		
47	102.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	122.5	Pamela Anderson	2015 Dec 2	Richmond, BC
57	137.5	Alison Kam	2016 Mar 26	Richmond, BC
63	157.5	Alison Kam	2017 Jun 19	Minsk, BY
69	112.5	minimum standard		
76	127.5	minimum standard		
84	165.0	Olivia Lim	2017 Nov 18	Abbotsford, BC
84+	167.5	Olivia Lim	2017 Jun 10	Surrey, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	40.0	minimum standard		
47	52.5	Tianna Singer	2020 Jan 18	Vancouver, BC
52	68.5	Pamela Anderson	2015 Jun 28	Vancouver, BC
57	80.0	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	82.5	Alison Kam	2017 Nov 18	Abbotsford, BC
69	65.0	minimum standard		
76	67.5	minimum standard		
84	90.0	Colette Jesson	2019 Oct 12	New Westminster, BC
84+	95.0	Bianca Broadbent	2016 Oct 15	Abbotsford, BC

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	80.0	Ava Nering	2019 Jan 19	Vancouver, BC
47	137.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	152.5	Pamela Anderson	2015 Dec 2	Richmond, BC
57	160.5	Naomi McCullough	2018 Nov 18	Victoria, BC
63	177.5	Alison Kam	2017 Nov 18	Abbotsford, BC
69	127.5	minimum standard		
76	147.5	minimum standard		
84	200.0	Olivia Lim	2018 Feb 21	Calgary, AB
84+	192.5	Olivia Lim	2017 Jun 10	Surrey, BC

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	167.5	Ava Nering	2019 Jan 19	Vancouver, BC
47	287.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	342.5	Pamela Anderson	2015 Dec 2	Richmond, BC
57	365.0	Alison Kam	2016 Mar 26	Richmond, BC
63	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
69	315.0	minimum standard		
76	350.0	minimum standard		
84	447.5	Olivia Lim	2018 Feb 21	Calgary, AB
84+	437.5	Olivia Lim	2017 Jun 10	Surrey, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	40.0	minimum standard		
47	52.5	Tianna Singer	2020 Jan 18	Vancouver, BC
52	68.5	Pamela Anderson	2015 Jun 28	Vancouver, BC
57	80.0	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	82.5	Alison Kam	2017 Nov 18	Abbotsford, BC
69	65.0	minimum standard		
76	67.5	minimum standard		
84	90.0	Colette Jesson	2019 Oct 12	New Westminster, BC
84+	95.0	Bianca Broadbent	2016 Oct 15	Abbotsford, BC

BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S UNEQUIPPED RECORDS - MASTER I

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	57.5	minimum standard		
52	107.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	130.0	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	120.0	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	117.5	minimum standard		
76	135.0	minimum standard		
84	147.5	Jennifer Hotner	2019 May 05	Sidney, BC
84+	185.0	Aimee Mergaert	2019 Mar 16	Burnaby, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35.5	minimum standard		
52	62.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	83.5	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	75.0	Tonya Motyka	2017 Jan 14	Vancouver, BC
69	57.5	minimum standard		
76	65.0	minimum standard		
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	77.5	Betty Nering	2016 Oct 15	Abbotsford, BC
52	150.0	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	162.5	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	155.0	Tonya Motyka	2017 Jan 14	Vancouver, BC
69	125.0	minimum standard		
76	140.0	minimum standard		
84	167.5	Mary Ann Middleton	2019 Oct 12	New Westminster, BC
84+	180.0	Bonney Rempel	2018 Feb 20	Calgary, AB

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	157.5	minimum standard		
52	320.0	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	376.0	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	347.5	Tonya Motyka	2017 Jan 14	Vancouver, BC
69	295.0	minimum standard		
76	335.0	minimum standard		
84	376.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	463.0	Bonney Rempel	2018 Feb 20	Calgary, AB

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	37.5	minimum standard		
52	62.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	90.0	Magdalena Kijak	2019 May 18	Tokyo, Japan
63	87.5	Magdalena Kijak	2019 Sep 16	St. John's, NL
69	57.5	minimum standard		
76	60.0	minimum standard		
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S UNEQUIPPED RECORDS - MASTER II

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	57.5	Betty Nering	2017 Jun 10	Surrey, BC
52	107.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	75.0	Meghan O'Connell	2019 Mar 04	Ottawa, ON
63	120.0	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	0.0	no minimum		
76	0.0	no minimum		
84	145.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	175.0	Bonney Rempel	2017 Mar 13	Saguenay, QC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	37.5	Betty Nering	2017 Jan 14	Vancouver, BC
52	62.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	47.5	Meghan O'Connell	2018 Sep 7	Edmonton, AB
63	56.5	Kelly Wharton	2019 Oct 12	New Westminster, BC
69	0.0	no minimum		
76	0.0	no minimum		
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	85.0	Betty Nering	2017 Jun 10	Surrey, BC
52	155.0	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	102.5	Teresa Taylor	2019 Aug 24	Victoria, BC
63	147.5	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	0.0	no minimum		
76	0.0	no minimum		
84	160.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	180.0	Bonney Rempel	2018 Feb 20	Calgary, AB

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	180.0	Betty Nering	2017 Jun 10	Surrey, BC
52	320.0	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	220.0	Teresa Taylor	2019 Sep 06	Saskatoon,SK
63	320.0	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	0.0	no minimum		
76	0.0	no minimum		
84	376.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	463.0	Bonney Rempel	2018 Feb 20	Calgary, AB

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	37.5	Betty Nering	2017 Jan 14	Vancouver, BC
52	62.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	47.5	Meghan O'Connell	2018 Sep 7	Edmonton, AB
63	56.5	Kelly Wharton	2019 Oct 12	New Westminster, BC
69	0.0	no minimum		
76	0.0	no minimum		
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S UNEQUIPPED RECORDS - MASTER III

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	62.5	Monica Ma	2018 Mar 25	Abbotsford, BC
52	0.0	no minimum		
57	62.5	Sherry Eustace	2019 May 05	Sidney, BC
63	95.0	Sharlene Brunjes	2020 Mar 03	Winnipeg, MB
69	0.0	no minimum		
76	0.0	no minimum		
84	117.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	115.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35.0	Monica Ma	2018 Mar 25	Abbotsford, BC
52	0.0	no minimum		
57	35.0	Sherry Eustace	2018 Feb 10	Burnaby, BC
63	47.5	Sharlene Brunjes	2017 Apr 9	Abbotsford, BC
69	0.0	no minimum		
76	0.0	no minimum		
84	67.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	70.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	90.0	Monica Ma	2018 Mar 25	Abbotsford, BC
52	0.0	no minimum		
57	85.0	Sherry Eustace	2019 May 05	Sidney, BC
63	122.5	Sharlene Brunjes	2020 Mar 03	Winnipeg, MB
69	0.0	no minimum		
76	0.0	no minimum		
84	150.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	145.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	187.5	Monica Ma	2018 Mar 25	Abbotsford, BC
52	0.0	no minimum		
57	180.0	Sherry Eustace	2019 May 05	Sidney, BC
63	257.5	Sharlene Brunjes	2020 Mar 03	Winnipeg, MB
69	0.0	no minimum		
76	0.0	no minimum		
84	335.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	330.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35.0	Monica Ma	2018 Mar 25	Abbotsford, BC
52	0.0	no minimum		
57	35.0	Deanna Clark	2017 Sep 17	Abbotsford, BC
63	47.5	Sharlene Brunjes	2017 Apr 9	Abbotsford, BC
69	0.0	no minimum		
76	0.0	no minimum		
84	67.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	70.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S UNEQUIPPED RECORDS - MASTER IV

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	0.0	no minimum		
69	0.0	no minimum		
76	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	0.0	no minimum		
69	0.0	no minimum		
76	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	0.0	no minimum		
69	0.0	no minimum		
76	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	0.0	no minimum		
69	0.0	no minimum		
76	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	47.5	Kathlyn Jensen	2020 Mar 03	Winnipeg, MB
69	0.0	no minimum		
76	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		